

The 30 Articles of the Universal Declaration of Human Rights

**1. We are all
born free with
equal
rights**

**2. We have a
right to be free
from
discrimination**

**3. We have a
right to live in
freedom and
safety**

**4. We have
a right to be
free from
slavery**

**5. We have a
right to be
free from
torture or
degrading
treatment**

**6. We have
a right to be
treated fairly
by the law**

**7. We have a
right to equal
protection
under the law**

**8. We have a
right to seek
justice when
our rights are
violated**

**9. We have a
right to be free
from unfair
imprisonment
or exile**

**10. We have
a right to fair
public
hearings**

**11. We have a
right to be
considered
innocent until
proven guilty**

**12. We have a
right to privacy &
freedom from
attacks against
our reputation**

**13. We
have a right
to free
movement**

**14. We have a
right to
protection in
other countries
from persecution**

**15. We
have a right
to belong to
a country**

**16. We
have a
right to get
married**

**17. We
have a right
to own
things**

**18. We
have a right
to our own
thoughts
and religion**

**19. We have
a right to
think and say
what we
want**

**20. We
have a right
to gather
peacefully**

**21. We have a
right to take
part in
government
and elections**

**22. We
have a right
to a social
safety net**

**23. We
have a right
to work and
join trade
unions**

**24. We
have a right
to rest and
play**

**25. We
have a right
to health,
food,
clothing,
and housing**

**26. We
have a
right to
education**

**27. We have
a right to
enjoy the
arts and
sciences**

**28. We have
a right to
enjoy a free
and fair world**

**29. We have a
responsibility
to our
COMMUNITY**

**30. No one
can take away
our human
rights**